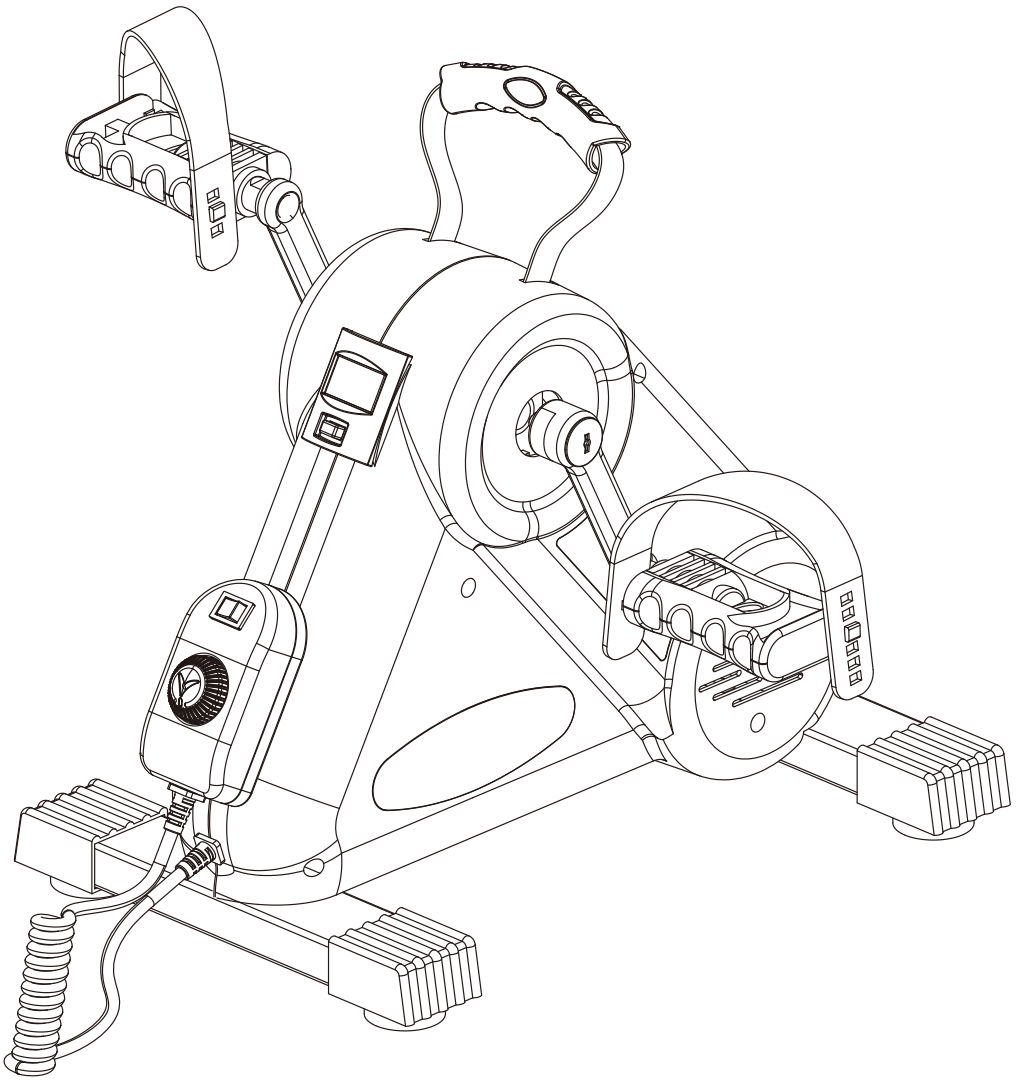
EXERPEUTIC
THERAPEUTIC FITNESS

Model # 7101

# OWNER'S MANUAL

# ACTIVcycle



# TABLE OF CONTENTS
# SAFETY PRECAUTIONS

## TABLE OF CONTENTS


**Safety Precaution.....1**
**Warranty.....2**
**Electrical Safety.....3**
**Part List.....4**
**Set Up.....5**
**How To Use..... 6**
**Workout Principal.....7**
**Exercises.....8**
**Storage.....10**
**Parts Request Fax Form.....11**


## Important Precautions

*Caution read these instructions before use.*

1. People with certain medical conditions should consult their doctor before undertaking any form for exercise
2. If at any time you fell faint, light-headed or dizzy please stop exercising immediately. You should also stop if you experience undue stress, pressure or pain at any time. Contact your physician before continuing with your program.
3. Follow your doctor's recommendations in developing your personal fitness program.
4. Always follow the correct exercising procedure (see enclosed leaflet).
5. Always choose the proper work out which best suits your physical strength and flexibility level.
6. Know your limits and train within them. Always use common sense when exercising.
7. Keep all children and pets away from this machine during use as well as when this machine is unattended.
8. Make sure that all the bolts are tight prior to each days use, Periodic maintenance is required on all exercise equipment in order that it remains in good operating condition.
9. Use the machine on a flat and level surface.
10. Wear proper clothing i.e. work out gear that allows free movement.

11 Maximum weight support for this product is 65kg/140lbs

12 Make sure that the Power Switch is set to OFF before connecting the DC Cord

13 Before connecting the DC cord, check that the rated voltage shown on the plug matches your local voltage.

14 Use on the supplied DC cord. Use with other cords may result in the risk lf fire.
15 This machine designed for indoor use of family property design, not for the use of professional fitness sites.
16 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
17 Children should be supervised to ensure that they do not play with the appliance.
18 If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard

**SPECIFICATION**
Requirement 220 ~ 240 V / 50Hz
Power Consumption 60W
Dimension 405(W)*338(L)*332(H)mm
Weight 6KG
Sustain Max. weight 65KG

## WARRANTY *One Year Limited Warranty*

Paradigm warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm owner's manual. Paradigm's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. All parts and workmanship, including electronic and its console cases, upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanism, wheels, pedals and hardware are to be free from defects for 90 days.This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

# ELECTRICAL SAFETY

When using an electrical appliance, basic precautions should always be followed, including the following:

## DANGER WARNING

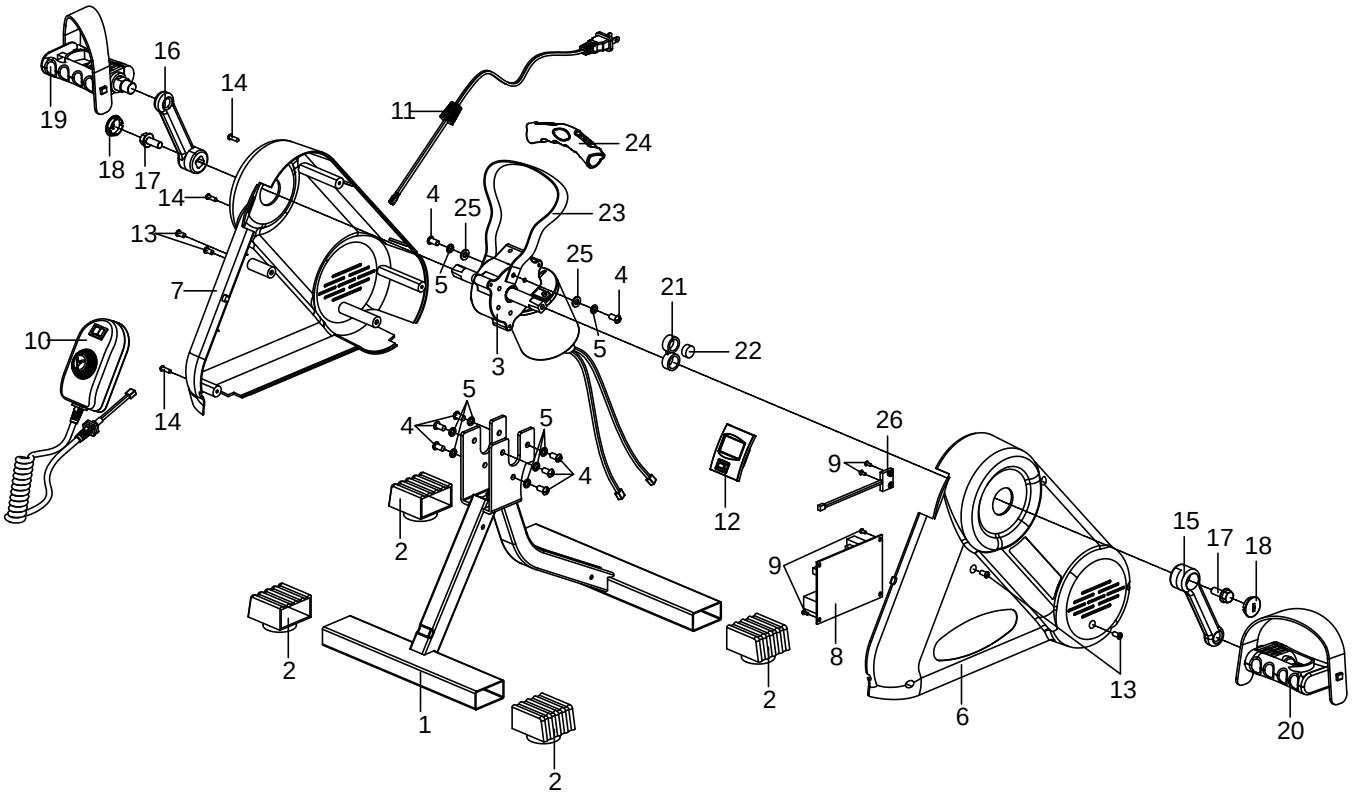
To reduce the risk of electric shock

To reduce the risk of burns, fire, electric shock, or injury to persons

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury.
3. Close supervision is necessary when this unit is used by, on, or near children, or disabled person.
4. Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this unit if it has a damaged cord, been dropped or in water.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surface.
8. Never operate the unit with the air openings blocked; keep the air openings free of lint.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.
14. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
15. For Household Use Only.

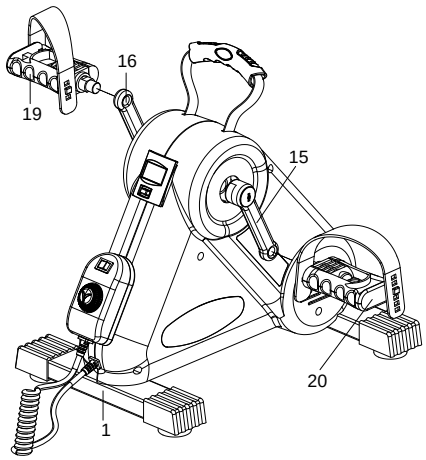
## SAVE THESE INSTRUCTIONS

# PART LIST

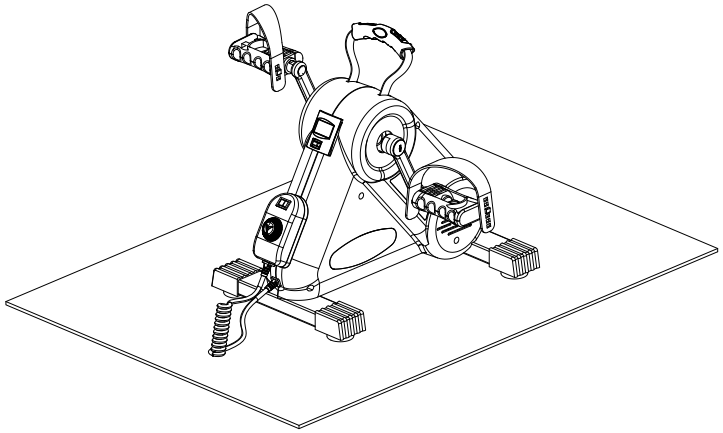



| Part# | Part Name | Qty | Part# | Part Name | Qty |
|---|---|---|---|---|---|
| 1 | Main Frame 400x320x279 | 1 | 15 | Right Crank 4" (9/16") | 1 |
| 2 | End Cap (□25x50) | 4 | 16 | Left Crank 4" (9/16") | 1 |
| 3 | Motor | 1 | 17 | Bolt M8x20mm | 2 |
| 4 | Bolt M6x12mm | 8 | 18 | Plastic Cap Ø26x8 | 2 |
| 5 | Spring Washer Ø6.5xØ10.5x1.4T | 8 | 19 | Left Pedal JD-32A (9/16") | 1 |
| 6 | Right Cover 395x316x77 | 1 | 20 | Right Pedal JD-32A (9/16") | 1 |
| 7 | Left Cover 395x316x73.5 | 1 | 21 | Round Magnet Holder | 1 |
| 8 | Power Control Board | 1 | 22 | Round Magnet | 1 |
| 9 | Screw ST2.9x6.5mm | 4 | 23 | Strap | 1 |
| 10 | Controller | 1 | 24 | Handle | 1 |
| 11 | AC Power Cable 2.07M+SR | 1 | 25 | Washer Ø6.5xØ13x1.5T | 2 |
| 12 | Display | 1 | 26 | Square Sensor | 1 |
| 13 | Bolt M5x10mm | 4 | 27 | Non-slip Mat | 1 |
| 14 | Screw ST4.2x15mm | 3 | | | |

# SET UP




Attach the Left Pedal (19) to the Left Crank (16) and the Right Pedal (20) to the Right Crank (15). The Left Pedal (19) should be threaded in a counterclockwise direction. The Right Pedal (20) should be threaded in a clockwise direction.
NOTE: The Left/Right Pedals and Left/Right Cranks are marked with “L” & “R”.



Place the ACTIVcycle on a level surface on the non-slip mat.

Make sure the controller is set to off position before plug the power cord into the electrical outlet.

# HOW TO USE

## CONTROLLER

ACTIVcycle is on a 15-minute timer after turned on.
Turn power switch OFF and ON again to restart 15-minute timer.

Speed control knob.
Turn knob clockwise to increase speed.

*For the first two weeks, you should begin with 5-10 minutes once a day at a low speed. After the first two weeks, you can increase the time on the device to 15-20 minutes as you become more accustomed to the exercise. The speed can also be increased to the high setting once you have adapted to the device. Longer periods of exercise will result in greater gains for you.*

## DISPLAY

### Display function:

| | |
|---|---|
| **Scan** | Displays each function for 3 seconds. |
| **Reps** | Repetitions, each cycle counts as one repetition. |
| **Timer** | Counts up the time. |
| **Total Reps** | Accumulation of repetitions of exercise sessions. |
| **Calories** | Estimated calories burn during exercise. |
| **Distance** | Estimated distance travel during exercise. |

*To select funtion display:* Press MODE button.
Press and hold MODE button for 5 seconds to reset function values except the function of Total Reps.

## BATTERY REPLACEMENT

Remove the Display by using a flat screw driver.

Remove the battery with the screw driver.
Replace with a new LR44 button cell battery.

# WORKOUT PRINCIPAL

## Workout Factors

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using the ACTIVcycle correctly and on a regular basis, you can achieve your goals.

2. Available time is one of a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the ACTIVcycle.

3. Exercising and working out on the ACTIVcycle should be an enjoyable part of your daily life.

4. Focus on the exercises for your muscles work. No matter what your level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.

5. Always start your exercise slowly to warm up muscles.

6. The ACTIVcycle provides you with bio-mechanically correct exercises. The design of theACTIVcycle allows you to exercise your muscles with movements that are natural and efficient.

7. Being exercise specific is the common sense approach to exercise or training. For example, a marathon runner concentrates on long distance endurance training and does not practice starting. A sprinter, on the other hand, practices starting but does not run 10 miles a day. Practice doesn't make perfect, perfect practice makes perfect. Tailor your workouts to achieve your goals. Overall fitness and muscle balance is important for a healthy lifestyle and injury prevention.

## The Overload Principal

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body specifically your muscles, adjust to the new level of work. It's called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

# EXERCISES

**How to use your ACTIVcycle**
The ACTIVcycle can only be used after the power cord is plugged into the electrical outlet. Do NOT use the ACTIVcycle without the power plugged in as this will damage the equipment. When using it with the power-on (motor assisted), the proper way to exercise is to set the desired speed by using the controller, and then **following that speed** to get the best results. Peddling at excessive speeds or applying excessive force will activate the overload protection circuitry to stop the motor (to allow user pull out their feet/hands). If the overload situation persists, it may cause motor damage.

**Range of motion and flexibility**
This device can be used both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it perform as a resistance device allowing the user to use the pedals as hand grips to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

**Routine**
People vary in how they adapt to repetitive exercises. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt or cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

## Leg Exercise

For use as a lower body device- secure the device on a non slip surface prior to use, and sit comfortably in a chair with the device directly in front of you such that the knee joint is not flexed less than 90 degrees. It is important that the user use a rubber soled shoe when on this device so they do not slip off the pedals during the exercise.

## WARNING

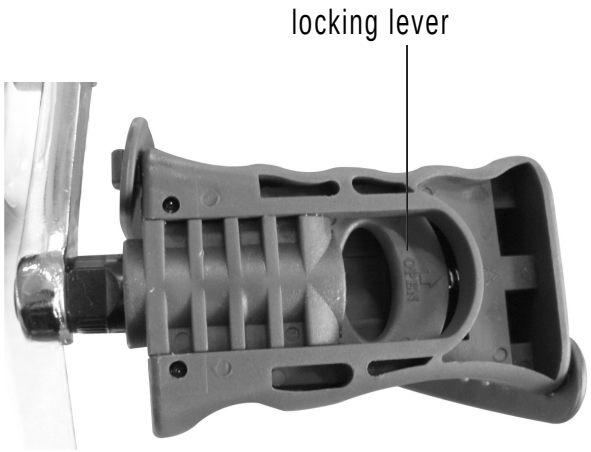
***Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.***

# EXERCISES

## Arm Exercise

When using this device for upper body exercise- it should be placed directly in front of the user on a table top, and the user should be seated in a comfortable chair such that they can easily reach the pedals without hyperextending (over straightening) the elbow joint. This can be accomplished by either placing a seat cushion on top of the seat or by moving the device closer to the user.

# STORAGE




***Pedals can be folded for storage.***

Pull locking lever fully to unlock pedal before folding the pedal.